

PERSONAL TRAINER PROFILE

Dave Mazzetti

How do you book me?

Call: **07568 388479** Instagram: **Carldam_Training**
or ask at reception for my details.



My Qualifications About me

Personal Trainer
Level 3

Exercise Referral
Level 3

Gym Instructor
Level 2

Academic:

- BSc (Hons)
- BA (Hons)

Hello, I'm Dave and I'm a certified Personal Trainer and Covid Rehabilitation Coach at Stoke Mandeville Stadium. I offer 1-2-1 Personal Training to help my clients achieve their fitness goals.

Whether your goal is:

- Lose body fat
- Gain lean muscle tissue
- Increase your general fitness

I will create a personal training plan in which you and I will agree of fitness targets, using SMART goals. I can also give you dietary advice, including a 7 day food diary for you to complete.

We will regularly evaluate progress using the gym's Boditrax analyser by means of which you will be able to see how you are progressing and if you are on track with your goals.

My specialties

- Weight Loss (Body Fat)
- Lean Tissue Growth
- Post Covid Rehabilitation
- Nutritional Advice
- Resistance Training